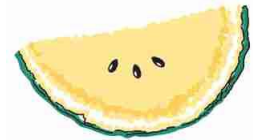
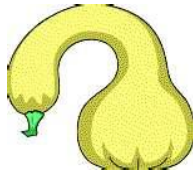
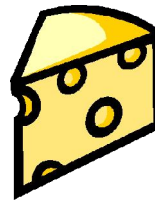
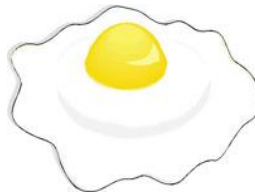
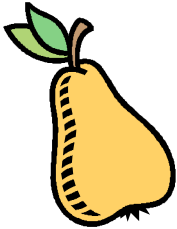
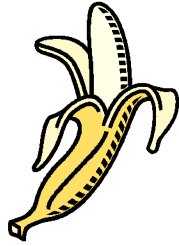




I spy with my little eye...



1. I am high in fiber so I can help regulate your blood sugar level. What am I?
2. I grow on trees, come in different colors and can protect you against some kinds of cancer. Some people say I can even keep the doctor away. What am I?
3. I am the least allergenic of all fruits. Often times my juice is the first given to a baby. What am I?
4. I am usually eaten raw but I can be dried and made into chips. Eating me can decrease your risk for kidney cancer. What am I?
5. I am one of the oldest vegetables known and am responsible for making many a good man cry. What am I?
6. I am related to the orange and am full of Vitamin C. Some people put me in their tea and others make a drink from me. What am I?



Springfield-Greene County
Health Department
Helping people live longer, healthier, happier lives